

Women's Group

Forthcoming Events

January to March 2012

Venue-The Limes, St Neots 10.30-12.30pm

To attend this group please contact Hunts Mind on 01480 470480 for an assessment

January	2012
THURSDAY	10.30am - 12.30pm
5th	Normal drop in
12th	Bingo/ games
19th	Breakfast at cornerstones
26th	Clay and Calligraphy session
WED 25 th EVENING GROUP 7:00pm to 9:00pm	To be confirmed
February	2012
THURSDAY	10.30am - 12.00pm
2nd	Quiz
9th	Pamper and relaxation session
16th	Talkback
23rd	Salt dough making
WED 29 th EVENING GROUP 7:00pm to 9:00pm	To be confirmed
March	2012
THURSDAY	10.30am - 12.00pm
1st	Cupcake making
8th	Group discussion about Anxiety.
15th	Chair massage
22nd	Trip to St Neots museum
29th	Normal drop in
WED 28 th EVENING GROUP 7:00pm to 9:00pm	To be confirmed

Key B: games & quiz, R: talks, meetings, discussions, G: evening group, trips out, P: arts & crafts ,comp therapy

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www.huntsmind.org.uk